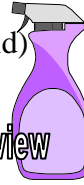


CLEANING PROTOCOL CHECKLIST

August 21, 1998
(major messages in bold)



Visit Three: Cleaning Overview

Assessment

- ☐ None

Education

- ☐ **Cleaning the house is an important way to help a child with asthma stay healthy.**

☐ Cleaning can reduce exposure to allergens from dust mites, roaches, rodents, pets and molds/mildew.

☐ **The most important rooms to clean are the child's bedroom, the kitchen and rooms in which the child plays.** Get the child's bedroom really clean first. Once the first big cleaning is done, it's much easier to keep it clean with two quick cleaning sessions each week.

☐ After getting the bedroom clean, move on to the room(s) where the child spends most of his/her time. Clean each of these rooms once a week.

☐ Keeping dirt out of the house makes keeping the inside clean easier: use doormats and take off shoes when inside the house.

☐ **Cleaning the child's bedroom:**

- If carpet is present, remove it (check with landlord). If this is not possible, vacuum two times per week.
- If hard-surfaced floors are present, mop weekly.
- If area rugs are present, vacuum twice a week. Once every six months, take outside or to a place with a clean and hard surface, vacuum on back, set the rug aside and vacuum up the dust, lay the rug down again and then vacuum the front. Repeat this: clean the back and front once more time each.
- If upholstered furniture is present, remove it. If this is not possible, vacuum once per week, including removing cushions and vacuuming in cracks and crevices.
- If drapes are present, remove them. If this is not possible, vacuum once per week with dusting brush.
- Pick up toys, clothes, books, etc.
- Dust and wash surfaces such as window sills, baseboards dressers, tables using a damp cloth with warm, soapy water once a week. If any mildew is present, use bleach mixed in water (see below).
- Dust and clean outside of air vents and registers.

☐ **Cleaning the kitchen**

Daily

- Clean off counters, sink and stovetop using warm, soapy water.
- Wipe up any spills on the floor
- Clean off cutting boards with hot, soapy water (in the dishwasher if one is available)
- Store all food in sealed containers
- Keep garbage in sealed container, take out daily, and wash container after emptying.

Weekly

- Sweep and mop floors
- Wash and dust surfaces
- Scrub sink

Monthly

- Clean tops of cabinets and baseboards
- Clean top of refrigerator
- Check for leaks under sink and repair if any are found

Initially and every six months

- Move refrigerator and stove and clean floors and walls
- Clean inside of cabinets

☐ **Cleaning the bathroom.** Each week:

- Clean tub, toilet and sink
- Clean wall tile with bleach solution
- Mop floor

☐ **Cleaning the other rooms (especially those where child spends the most time).**

Weekly:

- Floors: mop hard surfaces or vacuum carpets and area rugs.
- Vacuum upholstered furniture, including removing cushions and vacuuming in cracks and crevices.
- Dust and wash surfaces such as window sills, baseboards, dressers, tables using a damp cloth with warm, soapy water. If any mildew is present, use bleach mixed in water (see below).
- Dust and clean outside of air vents and registers.

Monthly:

- Vacuum heavy drapes if unable to remove them.
- Clean baseboards.

☐ **Cleaning methods: mopping**

A string mop with a detachable and machine washable head is the easiest to use.

- How to use the mop

1. Fill bucket or kitchen sink with warm water.
2. Add cleaning agent for vinyl floors.
3. Add one cup white vinegar/gallon hot water for wood floors.
4. Attach clean mop head to handle.
5. Wet mop head in prepared water.
6. Wring as dry as possible by hand (wear gloves) or in cone on bucket.
7. Mop a small area, rinse mop and repeat steps "5" and "6" until room is completed.
8. Change water as needed.

- Alternative cloth method:

1. Follow steps "1", "2", and "3" above
2. Using a clean cloth, dip cloth into prepared water, wring until damp, wipe floor by hand.
3. Use folded towel under knees for comfort and knee protection.
4. Continue steps "7" and "8" above.

- When finished mopping, wash hands with warm water and soap.

- Mop maintenance

1. Remove mop-head after each use and wash thoroughly.
2. Hang to dry or put in dryer.
3. Never store mop-head wet.
4. Store handle where it will stay dry.

☐ **Cleaning methods: removing mold and mildew**

Cleanable surfaces with mold growth should be washed with a detergent bleach solution using one tablespoon of detergent and one cup of household bleach per gallon of water. Wear gloves when cleaning.

Supplies

- ☐ Cleaning kit
- ☐ Mop
- ☐ Pail (if needed)

Referrals

- ☐ None

Visit Five

Assessment

- ☐ Check how often bedroom, kitchen, and other rooms used by child are being vacuumed, mopped and dusted.
- ☐ Look at these rooms and see if there is visible dust, dirt, food debris or clutter.
- ☐ Look over bathroom and see if mold is present.
- ☐ Check if more cleaning supplies are needed.

Education

- ☐ Review cleaning protocols for bedroom, kitchen, and other rooms.
- ☐ Provide specific advice on cleaning any problem areas identified in assessment.
- ☐ ***The most important rooms to clean are the child's bedroom, the kitchen and rooms in which the child plays.*** Get the child's bedroom really clean first. Once the first big cleaning is done, it's much easier to keep it clean with two quick cleaning sessions each week.

Supplies

- ☐ Replace cleaning supplies as needed.

Referrals

- ☐ None

Visit Seven

Assessment

- ☐ Check how often bedroom, kitchen, and other rooms used by child are being vacuumed, mopped and dusted.
- ☐ Look at these rooms and see if there is visible dust, dirt, food debris or clutter.
- ☐ Look over bathroom and see if mold is present.

- ☐ Check if more cleaning supplies are needed.

Education

- ☐ Review cleaning protocols for bedroom, kitchen, and other rooms.
- ☐ Provide specific advice on cleaning any problem areas identified in assessment.

Supplies

- ☐ Replace cleaning supplies as needed.

Referrals

- ☐ None